Chapter-VII

Conclusion and Recommendations

7.1 Conclusion:

This study found evidence that socioeconomic and demographic variables have a significant influence on the Health status of the North Tripura people in the age group of 19-55 years. Region of residence, household economic status, respondents employment status, respondents education, family education, per-capita square feet area under roof, respondents working condition, respondents marital status, respondents destructive habits, household amenities, caste of the respondents, respondents income, respondents family income and respondents religion etc are taken into consideration for identifying the important determinants of health among the North Tripura people of age group (19-55 years).

The study has revealed that the average BMI, MUAC etc are in normal range, hence there is apparently no risk of malnutrition in North Tripura in an average, but in some cases it is found that the value of BMI and MUAC are much below the average BMI and MUAC values. This may be due to food insecurity and lack of nutritional awareness and education in some particular households that negatively impact the nutritional status of the respondents, in particular. Therefore measures should include government action to support the very poor, and to bring about rapid economic growth at the national level. To this effect, it is important to develop community-based interventions giving priority to very poor households as a short-term solution. Urgent implementation of poverty reduction strategies and programs designed by the government of India, which are
currently at document level, could also serve as a long-term solution to the problem. Government and NGOs should come with different programmes of awareness and education in a massive way to address the problem of health ignorance and illiteracy.

The positive relation between daily calorie intake of the respondent and EDLR and PCSFAUR suggest there is need of spreading education; there is direct relation between health and education. It is therefore necessary to promote universal education. Availability of living space suggests less square feet area under roof affects health negatively, these findings suggest that government should take steps to speed up the implementation of the programme Indira Awas Jyojana.

As the results reveal the urban residents are suffering from morbidity which is expected in one sense as in urban areas most of the people are not doing physical labour which is necessary to maintain active health. Destructive habits should be discouraged by different kinds of counselling as destructive habits of the respondent’s affects health negatively and hence morbidity. As destructive habits are more common in case of male respondents hence male respondents are suffering from morbidity more in comparison to female respondents. However, no evidence of negative impact of destructive habits on health is found in the study. Again excess intake of calorie affect health negatively, calorie intake should be as per the requirement to control the problem of morbidity and obesity.

The problem of obesity is positively related to household size of assets if the respondents are wealthier the problem of obesity is almost common, again the problem of obesity is more acute among elderly. Aged people are having lack of physical exercises, mobility and hence are mostly obese. Educated people in the district are also having less of physical work resulting more cases of obesity. Finally majority of ST respondents are
suffering from obesity problem. The reason may be is lack of physical work and intake of breweries the two way relationship between Health and Income could not be established in the study. However, income is found to be a determinant of health. In that sense, eradication of poverty is necessary for health of the people.

7.2 Recommendations:

First of all, effective policies and programmes are required to reduce the both forms of malnutrition though the cases are less. As these may be coexisting, not only at state level but also even at household level, no uniform intervention strategy can be advocated. Hence, information and health education programs for people of the district are needed to help them to understand the components of a healthy diet and to ensure adequate access to health services.

Education in general and higher education in particular has emerged as one of the strongest determinant of health. It has statistically significant positive impact on health. The government should initiate special drive to improve access of people to higher education. Higher education will also have many other intrinsic and instrumental returns for the people. It will have direct impact on eradication of poverty. An increase in family income will also have positive impact on health. The government should also take steps to improve the living condition of the people including their indoor space availability. Standard living condition of people will undoubtedly improve their health condition. Obesity is also a serious state of ill health. It is often accompanied by other serious types of diseases. There is need to increase people’s awareness about the ill effects of obesity on health. The elderly group and the STs are the vulnerable group- as found in the study.
The government should launch awareness programmes targeting these groups to spread awareness among them about the health risks associated with obesity.